

MISSOURI COLLEGE HEALTH BEHAVIOR SURVEY

Reported Past-Year Mental Health Problems among Missouri College Students

LEVEL OF STRESS EXPERIENCED IN PAST TWO WEEKS (%)	2014	2013	2012	2011	2010	2009	2008
None	1.1	1.9	1.9	1.7	2.0	2.1	—
Minimal	8.5	10.7	11.1	10.5	13.9	11.6	—
A Little	16.9	18.7	19.0	18.8	20.4	20.2	—
Manageable	48.8	47.5	47.7	47.2	44.6	45.4	—
Overwhelming	21.1	18.3	18.1	19.5	16.7	18.5	—
Unbearable	2.7	2.1	2.0	2.3	2.1	2.3	—
AMONG ALL STUDENTS, MAIN SOURCES OF STRESS (%)							
School / Academics	89.4	—	77.2	78.7	75.2	74.4	86.8
Financial Concerns	54.4	—	47.4	50.6	49.2	50.3	50.8
Future Plans	53.2	—	43.9	44.3	42.9	50.2	—
Time Management	52.2	—	43.1	47.1	43.6	52.8	49.0
Job	34.9	—	31.1	32.1	32.9	34.1	34.9
Dating / Relationship with Partner	29	—	26.2	28.8	31.8	36.0	34.0
Family	29.7	—	25.0	27.7	28.4	31.6	25.1
Physical Health	25.1	—	20.1	22.3	23.3	22.2	21.0
Outside Organizations / Responsibilities	22.8	—	17.7	17.7	15.5	18.1	—
Friends	19.6	—	16.1	17.6	18.5	22.3	17.1
Roommates	16.6	—	14.6	15.8	15.3	17.7	17.9
Mental Health Issues	9.9	—	7.2	7.4	8.1	8.9	—
Other Source of Stress	2.6	—	2.6	3.2	3.7	4.1	5.6
AMONG ALL STUDENTS, MENTAL HEALTH PROBLEMS EXPERIENCED IN PAST YEAR (%)							
Anxiety	44.1	39.4	34.4	34.9	32.7	35.8	35.2
Chronic Sleep Disorder	18.8	18.1	15.0	16.8	15.6	16.6	19.4
Suicidal Thoughts	15	13.6	13.6	13.4	13.1	—	—
Major Depression	18.5	17.6	12.5	12.5	12.1	12.9	35.2
Panic Attack	15.4	13.4	11.7	12.5	11.6	12.3	—
Eating Disorder	5.8	6.4	5.3	5.0	4.7	6.0	6.3
Self-injury	3.6	3.8	3.5	4.0	3.7	3.9	2.4
Abusive Relationship	3.2	3.1	3.0	3.2	2.8	3.1	—
Alcohol Abuse/dependency	2.8	3.2	2.8	2.8	3.1	4.3	3.0
Bipolar Disorder	2.6	2.3	2.1	2.3	2.3	2.7	—
Sexual Assault	1.5	1.4	1.1	1.2	0.9	1.1	1.2
Suicide Attempt	0.9	0.9	1.0	0.8	0.9	—	—
Other Problem	0.4	1.7	1.5	1.5	1.8	1.8	—
None of the Listed Problems	43.3	46.7	42.2	42.3	43.7	45.7	38.8
AMONG STUDENTS EXPERIENCING PROBLEMS, THOSE WHO SOUGHT ASSISTANCE FOR THE FOLLOWING (%)							
Major Depression	50.3	48.4	53.3	50.0	48.5	47.5	59.3
Panic Attack	42.6	44.4	43.1	41.1	38.3	39.6	—
Bipolar Disorder	50.8	49.2	42.0	51.5	48.7	44.7	—
Abusive Relationship	35.1	33.9	38.5	35.8	34.8	32.0	—
Anxiety	26.9	37.1	36.8	34.2	32.2	33.2	30.1
Chronic Sleep Disorder	31.8	31.2	32.6	31.1	29.7	29.8	24.7
Self-injury	39.4	38.1	30.9	32.8	28.5	31.0	40.7
Sexual Assault	30.3	27.9	28.2	26.6	32.2	22.1	35.5
Eating Disorder	24.9	26.7	27.2	23.1	30.2	23.1	27.2
Alcohol Abuse/dependency	21	18.4	22.6	16.6	21.2	19.0	28.0
Other Problem	51.9	45.6	48.6	45.4	46.2	45.5	—

— Indicates question not included on survey or data not available for specified year.

Data Source: Partners in Prevention Statewide Coalition.

<http://pip.missouri.edu/>

Based on responses of 8994 students at 21 Missouri colleges in 2014, 9599 students at 21 colleges in 2013, 9151 students at 21 colleges in 2012, 8905 students at 20 colleges in 2011, 6543 students at 13 colleges in 2010, 6257 students at 13 colleges in 2009, and 5050 students at 12 colleges in 2008. Data are unweighted.